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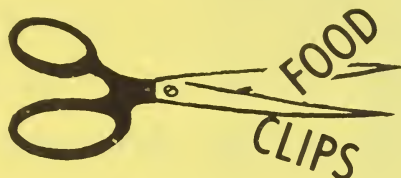
# Food and Home Notes

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Canned fruits stored in a cool dry place will retain their best quality for as long as a year from date of purchase, according to USDA research.

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Why pay more for freestone peaches? They're more flavorful to use in pies and cobbles — but, they don't hold their shape as well.

\* \* \*

Did you know that sugar is often added to fruit before cooking to help fruit keep its shape? It makes the fruit less able to absorb moisture.

\* \* \*

Have you ever thought of adding a few cinnamon candies to sirup? Try it with apples and pears. Or even add a sprig of fresh mint.

\* \* \*

If making cranberry sauce, add sugar to water at beginning of cooking period, USDA home economists say.

## DID YOU KNOW ABOUT

### ——— FREE TIMBER ?

If you're fortunate enough to live in an area near a National Forest it is possible that you may be able to use some of the timber for firewood, fencing, building, and other domestic purposes — only IF — you check with the local District Forest Ranger, Forest Service, U.S. Department of Agriculture. A "special use" permit may be issued at no cost to you if you are a resident of an area where this Free Use Timber Program is in effect.

Use of such timber is limited to nonprofit making ventures — it is not available for any commercial use and/or profit-making ventures. For more information you may write to the Division of Timber Management, Forest Service, U.S. Department of Agriculture, Washington, D.C. 20250.

## WOMEN IN AGRICULTURE ———

"Career opportunities for women scientists are better in Agriculture than anywhere else, from my point of view..." says Dr. Judith St. John, plant physiologist for the U.S. Department of Agriculture, Beltsville, Maryland, whose farm background has complimented her scientific career.

Dr. St. John grew up in Mississippi where she still maintains close contact with the family farm. Originally interested in the field of biology, Dr. St. John switched to the field of plant physiology for graduate work — and ultimately for her career.

As a staff scientist for the Agricultural Enviromental Quality Institute, her speciality is weeds and the way herbicides affect their bio-chemistry. She works in the pesticide action laboratory where the goals include increasing crop production and creating herbicides with the highest possible safety factors.

Federal government research is excellent for a scientific career, she feels, because the "limits are only made by the scientists." She has not experienced any feelings of sex bias as she has found that "your work as a scientist is evaluated on the merits of your work, not your sex". She recently served on a panel discussion for the International Women's Year Program for the Beltsville section of the Agricultural Research Service of USDA.

Sharing similar careers is an asset not a liability she believes, because her husband (whom she met in graduate school), Dr. Peter A. St. John, is an analytical chemist. They have two children, a son (4 years old) and a daughter, three, who attends a nearby Maryland nursery school and have a full time baby sitter.



## TODAY'S WOMAN



Dr. St. John in the USDA Laboratory

"You can maintain a satisfying career and still be a concerned parent..." according to Dr. St. John, who also states she "does not put work ahead of her family." Actually, on the day their daughter was born, she left the laboratory at 4:30 p.m. and gave birth three hours later — quite a record, even for a dedicated scientist!

## COST OF FOOD AT HOME FOR A WEEK (August)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$29.40	\$37.00	\$44.50
Elderly couple.....	26.00	32.30	38.80
Family of 4 with preschool children.....	41.20	51.60	62.00
Family of 4 with elementary school children.....	49.90	62.70	75.40
Individuals*			
Women			
20-54 years.....	11.90	14.80	17.80
55 years and over.....	10.60	13.20	15.70
Men			
20-54 years.....	14.80	18.80	22.70
55 years and over.....	13.00	16.20	19.60
Children			
1-2 years.....	6.60	8.20	9.70
3-5 years.....	7.90	9.80	11.80
6-8 years.....	10.30	12.90	15.50
9-11 years.....	12.90	16.20	19.40
Girls 12-19 years.....	12.20	15.20	18.20
Boys 12-14 years.....	13.70	17.20	20.70
15-19 years.....	15.20	19.10	23.00

\* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: Single copies of a paper describing the 1974 USDA food plans, on which these costs are based, are available from the Consumer and Food Economics Institute, Agricultural Research Service, USDA, Hyattsville, Md. 20782.

NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from Shirley Wagener, Editor of Food and Home Notes, Room, 535-A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Or Telephone 202-447-5899.